



Peach

STORAGE & HANDLING

How to Store a Peach

If your peaches are very firm and don't have much aroma, leave them on the counter apart from the other peaches on their shoulder to let them ripen at room temperature away from direct sunlight for a couple of days. To keep ripe peaches from going bad, pop them in the fridge, they should keep for up to 5 days. You can also slice and freeze fresh peaches to use later.

How to Freeze Peaches

1. To start, take a sharp knife and make a shallow "x" at the bottom of each peach.
2. Then, bring a pot of water to a boil.
3. Once boiling, blanch your peaches in water for 60 seconds and then plunge them into a bowl of ice water for 60 seconds.
4. After that, peel off the skins, halve and pit.
5. In a saucepan, make a thin syrup with 4 parts water and 2 parts sugar. Dissolve the sugar and let the syrup cool.

How to Thaw Peaches

One way to do this is by placing the frozen peaches into the refrigerator and allowing it to defrost. This will typically take anywhere from 6-8 hours, and you'll want to turn the bag over every so often for an even thaw.

If you need your peaches sooner, keep them in their bags. Submerge the bag in cool water, which will act as a natural heater. The plastic bags will help preserve the flavor and texture of your peach slices. Check the fruit and change the water every so often until the peaches reach the desired consistency. Keep in mind that the USDA recommends not having sliced peaches out in temperatures above 40°F for longer than 2 hours.

How to Eat a Peach

Peaches are surprisingly versatile. They can be grilled, sautéed, or baked. Get creative:

Pair peaches with berries and a bit of dark chocolate for a healthy dessert.



Chop peaches into a sweet-spicy salsa.

Grill peaches to pair with pork chops or serve in a cinnamon-spiced dessert.



Blend fresh or frozen peaches into a creamy smoothie.

Add sliced peaches to salads, oatmeal or yogurt for a sweet treat.



Or just keep it simple and enjoy a fresh, juicy peach on its own. This delicious fruit is anything but the pits!